

Working On Wellness



Wellness Events

December 2006

& Info

Check pages 2-12
for event info & links

page 13
for WELCOA Bulletins

[Runs](#)
[Walks](#)

Ann Arbor, Brighton, Canton

- Increasing Bone Density - Dec 7th
- Healthy Holiday Gifts - Dec 18th
- Healthy Hearts Yoga, Overcoming Anxiety & Depression, Runner's Clinic & other healthy lifestyle education classes

Bay City, Flint

- Healthwise University community ed classes

Cadillac

- Get Moving Cadillac
- Coldwater
- Free Grocery Shopping Tours - Mondays

Detroit Area

- "Aim Hi" & "Promoting Healthy Eating..."
- Creating A Healthier Macomb
- Free community health, wellness & fitness classes

Farmington Hills

- Botsford Health Care Continuum programs

Grand Rapids

- Year-round Walking Program
- Year-round Cardiovascular Screening

Grayling

- Diabetes Glucose & Blood Pressure Screening
- Heart Health, Fitness, Nutrition Education Programs

Holland

- On the Move

Lansing

- Arthritis Aquatics, Blood Pressure Screening
- Community Partners In Health
- Diabetes Education, Healthy Heart Exam
- Stress Management Series - Mons & Tues

Marquette

- Health and wellness information

MidMichigan

- Health Education Classes & Screenings

Owosso

- Classes, Health Screenings, Support Groups

Petoskey

- Diabetes & Stroke Support Groups
- Medical Weight Management Program

Rochester

- Health Education Programs

Roscommon

- Activities & Fitness Center

Sheridan

- Diabetes Support Group - Dec 6th

Traverse City

- Nutrition: Latest Information - Dec 6th
- Diabetes Support Group - Dec 13th
- Nutrition: Food Ideas - Dec 20th
- Healthy lifestyle programs

U.P.

- Get Moving UP
- Fitness Connection



Season's Greetings



Ann Arbor & Ypsilanti



Ypsilanti/Women's Health Center

Increasing Bone Density (A strength training program)

12/07/06

2:30-3:30 p.m.

\$30

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2436>

Ypsilanti/Women's Health Center

Healthy Holiday Gifts from your Kitchen

12/18/06

6:30-8:30 p.m.

\$40

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2436>

St. Jo Mercy Health System

Healthy Hearts Yoga

6 weeks duration

Tuesdays, 5:30 pm - 6:45 pm
(on-going)



Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. FREE first-trial class! Begin at any time. Contact: 734-712-3546

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056>

St. Jo Mercy Health System

Runner's Clinic

Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti

Wednesdays, 5:00 pm (on-going)

This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

Contact: 734-434-3020

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465>

Ann Arbor/Behavioral Services

Overcoming Anxiety & Depression

Mondays, 6:00 pm - 7:30 pm (on-going)

A therapy and education support group for people with anxiety, depression or both. Fee involved (may be a covered benefit; check with your insurance carrier).

Contact: 734-786-8009

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1212>

Healthy Lifestyle Education Classes

For additional information, please call

(734) 712-3583

Michigan Heart and Vascular Institute

www.sjmercyhealth.org/

[map/locations](#)

Bay City, Flint, Mt Pleasant Owosso, Sheridan



Bay City & Flint

McLaren Regional Medical Center

Bay City Employees:
Call (989) 894-3936
for class info

Flint Employees:
Call (810) 342-5353
for class info

Healthwise University

Community Education

Hurley Health & Fitness Center

Check for fitness opportunities

Owosso

**FREE lectures, support
groups, wellness events, PACE
exercise, health screenings**

Memorial Healthcare

(Check event info for locations)

www.memorialhealthcare.org

Mt. Pleasant

MidMichigan Health Park

4851 East Pickard St

Check for Aquatic Exercise &

Pilates Exercise Classes

<http://www.midmichigan.org/>

MidMichigan
Health Line

1 (800) 999-3199

www.midmichigan.org

MidMichigan
Health Education

Classes

Sheridan

Diabetes Support Group

Wednesday, December 6th

(First Wednesday of every month)

1:30-2:30 pm

Bring along a family member or friend.

For more information, email Kim Christensen

at kimc@sheridanhospital.com

or call 989-291-3261, ext. 240

<http://www.sheridanhospital.com/>



Detroit Area



"AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center,
Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-
12:30PM, 3360 Charlevoix, Detroit, MI
48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center,
Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-
5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207 or
313-592-4838, or call SouthEast Michigan
Diabetes Outreach Network at 313-965-2351
<http://www.diabetesinmichigan.org/eventdisp.asp?>

Get Up, Get Out!

Learn about exciting things you and your
family can do outdoors.

[http://www.detroitpublictv.org/gugo/
index.shtml](http://www.detroitpublictv.org/gugo/index.shtml)

Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations,
Mini-Markets (where fresh produce is available
at wholesale prices), and Physical Activity
Events regularly.

Cost: N/A

For information on food demonstrations and/or mini-
markets, call Teretha Hollis-Neely at (313) 876-
4444. For information on the Physical Activity
events, call REACH Detroit Partnership at (313)
874-7131, or see brochure.

<http://www.diabetesinmichigan.org/brochure/PHED.pdf>

Botsford Health Care Continuum Community Health-related Programs

Blood Pressure Screening Free

2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings Fee required

Call (248) 477-6100 for information

Walking Clubs

Livonia Mall & Northland Mall
Call (877) 442-7900 for information

Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100
www.botsfordsystem.org

Detroit continued



Rehabilitation Institute of Michigan
Detroit Medical Center/Wayne State University

Free Health, Wellness & Fitness Classes

Fitness Calendar

To Register Call: (313) 745-9748

**Search for other Detroit Area
Health Care & Fitness Links**

<http://www.detroit11.com/health.htm>

**Detroit YWCA
Northwest Branch**

Rochester

Crittenton Hospital Medical Center
offers health education programs and services,
<http://www.crittenton.com>

Community Health & Education Department
(248) 652-5269 from 8 a.m. to 4:30 p.m.,
Monday through Friday

Washtenaw County Trails
<http://www.ewashtenaw.org>

Community Health Programs

<http://www.stjohn.org/communityhealth/Default.aspx>

Creating A Healthier Macomb
<http://www.chmonline.org/>

Walking Works

Coldwater, Grand Rapids

Coldwater

Grocery Shopping Tours

Mondays - Ongoing

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to. No Charge! Sponsor: Southern Michigan Diabetes Outreach Network (SODON)
Location: Varies. Call SODON at 517-279-2267 or 800-795-7800 for a location near you.

diabetesinmichigan.org

Coldwater

Wednesdays

Ongoing

Free blood pressure
and blood sugar screening.

Held the first Wednesday of every month,

Sponsor: Burnside Senior Center

Location: Burnside Senior Center,
Coldwater, MI

diabetesinmichigan.org



Grand Rapids

YEAR-ROUND EVENT

Cardiovascular Screening

Provided by healthcare professionals including cholesterol, blood pressure, hemoglobin, urine tests, and cancer prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E., Grand Rapids

Cost: Free to seniors 60+ years

For More Info: Call (616) 454-7900

diabetesinmichigan.org

Grand Rapids

Year Round Walking Program

Mondays & Thursdays

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary

1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

diabetesinmichigan.org

Tobacco Free Partners Classes

<http://www.tobaccofreepartners.org/classes.php>



Holland

On the Move

On the Move is a community wellness program designed to encourage families, adults and children of all ages, abilities and fitness levels to be active. Registration is on-going; join when you are ready to take a healthy step forward. Register in person at the Center for Good Health.

"Bring a Friend Day" to the Group Walk
Monday, December 11

2006 Goal Run/Walks

(Note: There is a fee for each race and you must pre-register)

December 31 - New Year's Eve 5k, Holland

There will be a grand prize drawing (a Family Fair gift card) after each of the goal run/walks. All On the Move participants in the run/walk will be registered for the prize. You must be present to win!

To contact the Center for Good Health:

E-mail: CFGH@hoho.org

Call: (616) 394-3344

Mail: The Center for Good Health, 3290 North Wellness Drive, Building D, Suite 240,
Holland, MI 49424.

Check the Center for Good Health Catalog for runs, walks, healthy cooking, stress management, and other wellness-related classes. (page 5 for Holland on the Move info)

<http://www.hollandhospital.org>



Lansing Area

Delta Waverly Aquatics Waverly East Intermediate School Pool 3131 W. Michigan Avenue Lansing, Michigan

Pool temp is warm to accommodate those with arthritis.
Shower rooms and lockers are available.

http://www.michigan.gov/documents/DeltaTwpAquatics_171907_7.pdf

Pacers Walking Club Lansing Mall

Monday through Sunday, doors open at 7am
For information on club benefits, stop by the
Pacers Information Station located near the Mall
Administration Office just off the Food Court or
call 517.364.8146. Pacers is sponsored by
Sparrow Health System, the Lansing Mall
and Delta Township. FREE

Walkabout Club Meridian Mall

Monday through Saturday doors open at 7am
(8am on Sunday's).
Stop by the Customer Service desk to register.
The Walkabout Club is sponsored by Sparrow
Health System, the Meridian Mall, MSU Evening
College and the Arthritis Foundation. FREE

Community Education
by Ingham Med Center
www.irmc.org
1 877 224 4325



Sparrow Stress Management Series

Mondays & Tuesdays
St. Lawrence Campus
Check calendar for times
<http://www.sparrow.org/commhealth/commhealth-calendarupcoming.asp>

Healthy Heart Exam Every Tuesday \$39/person www.sparrow.org

Blood Pressure Screening

Every Weds 8am - 9:30am
Lansing Mall Food Court
1st & 3rd Weds of monthly 8am - 9:30am
Meridian Mall Food Court

Sparrow Diabetes Center Diabetes Education Outpatient Classes

Sparrow Professional Building,
Suite 340, 1200 E. Michigan Ave., Lansing.
For more info on classes & cost, call 517.364.5955.

Sparrow Community Health Education and Fitness Programs November 2006 Calendar

Community Partners in Health

will again offer the Winter Warm-Up Program
at the Lansing Mall on Saturday mornings
from 9:00 a.m. - 10:00 a.m.
beginning Jan. 13 - March 17, 2007

Questions can be directed to Alicia Armstrong
at Playmakers, 349-3803 or
alicia@playmakers.com

Lansing Area continued

Court One Athletic Club Programs

Healthwise University Weight Management/Diabetes Center

Diabetic Education Center
just off lobby of the Pennsylvania Campus

Living With Diabetes

2nd Tues each month - 8:30am - 5pm
1st Tues, Weds, Thurs each month - 9am - 12noon
3rd Tues, Weds, Thurs each month - 6pm - 9pm
registration: 1 877-224-4325 or (517) 367-5159

Lansing Community College Arthritis Aquatics

Arthritis Aquatics is a class that will give the student exercises for range of motion in a comfortable 90° pool.
tri-fold brochure



Other fitness courses offered by LCC:

- Cardiac Rehabilitation
- Adult Lifestyle Exercise
- Fit for Life Exercise

Call (517) 483- 1227 for more details

LCC Physical Fitness/Aquatics
course description

Lansing Parks & Recreation

Activity Guide

City of Lansing
Upcoming Events



Upper Michigan

Let's Get Moving Cadillac

Register anytime

Learn 100 ways to stay active

<http://www.cadillacmichigan.com/letsgetmoving/>

Petoskey

Medical Weight Management Program

at a variety of dates and times

Burns Professional Building, Ground Floor

Fee: Free Introductory Sessions

Is weight affecting your health? If you're serious about losing weight, don't wait. The program is

medically supervised by the Northern Michigan Hospital Diabetes and Nutritional Counseling Center.

Contact : HealthAccess at 1.800.248.6777

or 1-800-847-3665

<http://www.northernhealth.org/main.phtml?catid=8>

Diabetes Ongoing Learning Group

Second Monday of each month, 7:00 pm

Dean C. Burns Community Health Education Center

360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

Stroke Support Group

1st and 3rd Tuesday of the month

1:00 - 2:00 pm

Northern Michigan Hospital

Second floor Acute Rehab Conference Rm

A support program for patients and families.

Contact: HealthAccess @ 1-800-248-6777

Grayling

Nutrition Education

Mondays-Fridays

Call for times

Meet with registered dietician to discuss nutrition needs and health eating.

To schedule an appointment call 348-0380.

Preregistration: Required

Contact: Mercy Hospital Grayling - Nutrition

Phone: (989) 348-0380

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001620>

Diabetes Glucose & Blood Pressure Screening

Ongoing - No Cost!

Check blood sugar & blood pressure.

Sponsor: Mercy Hospital Grayling

Location: Call Grayling Mercy Hospital at

989-348-0455 for dates and times

For More Information: Contact Rhonda Haske, RN, BSN, CDE at phone: 989-348-0455

fax: 989-348-0479 or e-mail: hasker@trinity-health.org

Heart Health & Fitness Program

Mondays, Wednesdays, Thursdays

Designed for those who need help starting a regular exercise routine, and who have two or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, inactivity, overweight, smoking, or stress. Involves exercise sessions, education about safe guidelines for long-term home exercise, diet modification, and lifestyle behavior management. (Call for times)

Fees: \$5.50/session Preregistration: Required

Contact: (989) 348-0371

Mercy Hospital Grayling-Cardiac Rehab Department

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001616>



Upper Michigan continued



Traverse City

Nutrition: Latest Information

Wednesday, 12/06/06

9:00 am - 10:00 am

Munson Community Health Center
Conf Rm A

Class covers the low fat, low sodium diet and its importance in the treatment of cardiovascular disease. It includes a review of the current research and a discussion on how to improve your lipid profile (cholesterol) and blood pressure from a nutritional perspective. Also discussed are complex carbohydrates and what happens when a person trials diets such as Atkins and the South Beach Diet.

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001659>

Traverse City

Munson

Nutrition: Food Ideas

Wednesdays

12/20/2006

9:00 am - 10:00 am

Munson Community Health Center
Conference Room A
550 Munson Avenue
Traverse City, MI 49684

This class covers healthy cooking techniques for reducing fat, specific foods to look for at the grocery store, planning a menu and organizing your kitchen to prepare heart healthy meals. No Cost. Contact: Mary McManemy, RN (231) 935-8565 (phone) (231) 935-8609 (fax) mmcmanemy@mhc.net

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001662>

Northern Michigan Wellness Classes & Events

Traverse City

Munson

Diabetes Support Group

12/13/06

1:30 pm - 3:00 pm

(2nd Wednesday every month)

Munson Medical Center - Dining Room 2

For more information:

(231) 935-8200 or (800) 809-8127 (phone)

(231) 935-8215 (fax)
education@mhc.net

Free

Healthy Lifestyle Programs

(231) 935-6449

When: Last Wednesday of the month

Where: Grand Traverse Mall's Community Room

Community

Health Education Calendar

www.MunsonHealthCare.org

Let's Get Moving Northern Michigan!

In this program healthcare providers across Northern Michigan team up with local sponsors and local government to encourage adults, children, and families to set personal goals and make activity part of their daily lives.

check below link for info

<http://www.lgmm.org/site/3526/default.aspx>

Roscommon

Community Recreation,
Activities and Fitness Center
606 Lake Street, Roscommon, MI 48653
Phone: (989) 275-4975
[Activities & Classes](#)

Upper Peninsula

Helen Newberry Joy Hospital Diabetes Education

906-293-9286 or 800-743-3093

Classes are offered at Helen Newberry Joy Hospital & Healthcare Center in the Huron (main) Conference Room unless otherwise indicated.

<http://www.hnjh.org/events.html>

Houghton Community Health Center The Fitness Connection

Located on the second floor of the Houghton Community Health Center, The Fitness Connection offers a variety of memberships.

- Certified, friendly staff
- Individualized personal training services
- Fitness testing
- Fitness counseling services
- Massage
- A wide range of aerobic equipment such as Woodway & Cybex treadmills, and Precor elliptical cross trainers. State-of-the-art weight training equipment including Free Motion Fitness Series. For info call: (906) 483-1887

Hours of Operation:

5:30 a.m. to 10 p.m. Monday - Friday

8 a.m. to 6 p.m. Saturday

12 p.m. to 6 p.m. Sunday

www.portagehealth.org

Upper Peninsula Health Care Network

<http://www.uphcn.org/>

Marquette

Marquette General Hospital Health & Wellness Info

<http://www.mgh.org>

Get Moving UP!

For Info, e-mail George Sedlacek

at gsedlacek@hline.org

(906) 475-9312

Negaunee, MI

www.fitup.org

<http://www.fitup.org/ActiveStatus.html>



Wellness Councils of America Bulletins

To Read: Click on desired topics

Better Safe

- Understanding Thyroid Disease
- Exercise for Gain, Not Pain
- A Cold vs the Flu
- Who Should Get the Flu Shot?
- Exercise Prescription for Over 45
- Screening for Colon Cancer
- Your Feelings Affecting Work . . . ?
- Re-engagement with Life
- Facts on Managing Your Cholesterol
- Atkins Diet Q&A
- Nutrition for a Healthy Long Life
- Are You Living Your Maximum Life?
- Stretching Your Future
- Bending, Not Breaking
- Freckles, What's the Skinny?
- Quit Smoking
- Taking Care of the Unexpected
- Managing the Aches & Pains of Arthritis
- Breast Cancer De-Mystified
- Alzheimers & Other Dementias
- Dealing Effectively with Back Pain
- Five Alive
- Heartache if Heartburn?
- Obesity and Heart Disease
- Is it a Migraine?
- Balance in Life & Work
- The Right Fit
- Walk This Way
- Preventing/Treating Arthritis
- Better Health: In the Stretch
- Thinking, Feeling, and Health
- Mind/Body Teamwork for Health
- Screening For Life
- Prostate Cancer: Know Your Risks
- Exercise for Gain, Not Pain

Day In & Day Out

- Control Your Portions
- Relationships: Your Other Care System
- Cooking Healthy
- Chicken w/Chinese Vegetable Stir Fry
- 7 Signs of A Fad Diet
- Diabetes Prevention
- Spinning & Winning
- Six Biggest Cycling Mistakes
- Stick With It
- Women, Weights, and Core Strength
- Fit For Life
- Depression: More Than the Blues
- Spa Day At Home
- Spa Resources
- Better Golf for Fitness & Fun
- Know Your Risks for Sleep Apnea
- Preparing for Fitness
- Lawn Games
- Tea Time For Your Ticker
- Exercise & Play Go Hand In Hand
- A Healthy Balance
- Bad Diets Start Early
- Savory Citrus Salsa
- Staying Connected
- 5-A-Day Made Easy
- What's Cooking in 2006?
- More Is Less
- The Power of Ten
- Changing Lifestyles/Improve Health
- Surviving Holiday OverIndulgence
- Skinny Sweet Potato Pie
- Jump Around
- Might As Well Jump
- Thanksgiving: The Right Stuffing
- Working Out for Scale
- All Things In Moderation
- The Java Jitters

To Your Health

- For Pain, Apply RICE
- The Promise of PILATES
- Managing Pain
- Walk the Talk
- Walking for the Health of It
- Understanding Depression
- Healthy Snacking for Football Season
- Football Stew
- 10 Tips -Taking Charge of Your Healthcare
- Target Your Heart Rate
- Hearty Facts
- Mediterranean Diet
- Healthiest Burger
- Safe Grilling
- Take a Hike
- Fast Food Fast Facts, Food for Thought
- Men & Women: How We Age
- When Good Foods Don't Feel Good
- The Mystery of the Shrinking Biceps
- Power Packed Foods
- Resting Easy
- Core Strength
- Hormone Replacement Therapy
- Scaling New Heights
- Manage Weight as You Age
- Rules for a Great Workout
- Food Buzz Words
- Many Roads to One Path
- Yuletide Yoga
- Healthy To the Core
- Diabetes: Are You At Risk?
- Dealing With Diabetes
- Fatigue Facts
- Ready, Set, Stop
- You Can Quit Smoking
- Stressed Out?

